



Salmon Salad

Makes 2 servings

Ingredients

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| 4 tablespoons extra-virgin olive oil, divided | ½ cup pomegranate seeds (arils) |
| 1 tablespoon 100% pure maple syrup | 4 ounces fresh baby spinach |
| ¼ cup chopped walnuts | 2 ounces fresh arugula |
| ¼ cup apple cider vinegar | 1 teaspoon ground sweet paprika |
| ½ teaspoon ground cinnamon | ½ teaspoon garlic powder |
| ½ teaspoon white pepper | ½ teaspoon onion powder |
| ⅙ teaspoon ground cayenne pepper | ¼ teaspoon lemon zest |
| ⅛ teaspoon curry powder | ¼ teaspoon freshly ground black pepper |
| 1 medium apple, diced
(Pink Lady or Golden Delicious) | 2 4-ounce salmon fillets |

Directions

- In a small saucepan, heat 1 teaspoon oil over medium-high heat. Add syrup and walnuts, and cook while stirring for 3 to 4 minutes. Pour onto a plate to cool.

(directions continued on back)



MAIN DISH



Directions (continued)

- In a jar (with a lid), combine 3 tablespoons oil, apple cider vinegar, cinnamon, white pepper, cayenne pepper and curry powder. Put on lid and shake. Set aside.
- In a medium bowl, combine diced apple, pomegranate seeds, spinach and arugula. Add dressing (made in step 2) and toss until well-combined.
- In a small bowl, combine the paprika, garlic powder, onion powder, lemon zest and black pepper. Stir. Rub on both sides of the salmon.
- In a medium skillet, heat remaining oil (2 teaspoons) over medium-high heat. Add salmon and cook for 4 to 5 minutes. Flip and cook for another 4 to 5 minutes.
- Toss salad (made in step 3) and portion out 2 ¾ cups salad on each plate. Sprinkle walnuts (made in step 1) over the top. Add a salmon fillet to each.

♥ = heart smart ✂ = low sodium GF = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

Nutrition Facts

Serving Size 2 ¾ cup dressed salad with 4 ounce salmon (423g)
Servings Per Container 2

Amount Per Serving

Calories 710 **Calories from Fat 420**

% Daily Value*

Total Fat 48g **74%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 120mg **5%**

Total Carbohydrate 40g **13%**

Dietary Fiber 9g **36%**

Sugars 23g

Protein 36g

Vitamin A 120% • Vitamin C 50%

Calcium 15% • Iron 30%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: tree nuts (walnuts)
Carb choices per serving: 2 ½